

# OKYEAME

September 14, 2006

American Embassy,  
Accra

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## Ghana National Association of Traditional Healers [Respond to the Ban]

Posted to the web September 11, 2006

Food and Drugs Board last Friday issued a warning against the Selling and Adverts of all drugs and traditional medicines in the country. The message declared that, 'the offender could face the law. The Ghana National Association of Traditional Healers, Nsoatre Branch on this note has appealed to the Government (Food and Drugs Board) to take a second look at its decision. The Chairman of the Association, Nsoatre Branch, Mr. Ishak Twumasi Ankrah disclosed this at a meeting held on Sunday 3rd September, 2006 at Nsoatre.

In, his speech; the chairman declared that the sector alone has created or solved about 20% of the unemployment problem in the country. He continued by saying that, most of the youth alongside those JSS leavers who were not able to gain admission into Secondary Schools or continue their education due to financial constraints have been well trained in this sector.

He appealed to the FDB that instead of the ban which may create chaos in the near future for the country should organist workshops, seminars, courses and training programmes for not only the chemical sellers but the Traditional Healers too to update their skills and knowledge on how to handle patients.

Mr, Ishak warned that if not rectified, the situation is likely to push out a number of workers engaged in the industry which will consequently lead to high unemployment rate, hence; a social menace like armed robbery which the Government has taken steps to curb will prove futile.

On the other side of the coin, the chairman Mr. Ishak Twumasi Ankrah cautioned members to hygienically prepare their medicines to suit human safety and consumption. The secretary Mr. Rafiq Asante asked members to train more youth so that the industry could have a future and by so doing maintain the rich heritage/culture of our Mother Ghana.

**Source: Ghanaian Chronicle**

**CLO  
Office Hours**  
**Mon-Thurs  
8am-4pm**  
**Fri  
8:00 am-12:00pm**

*If you have news,  
classified, suggestions,  
letters,  
restaurant reviews etc.  
for the Okyeame,  
please write to the Editor,  
Mikelle Antoine at:  
[accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com)  
Deadline Monday 5pm*

**Please let us know what you  
would like to see in the  
Okyeame. Your suggestions,  
criticism and story ideas are  
most welcome!**

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.

## ***Being Positive Increases Your Well Being***

by Joe Tracy

Virtually every self-help book on the market have one thing in common - expressing the importance of being positive to increase your happiness and well-being. There have been many studies done on the power of positive thought and the conclusions show a mass amount of health benefits, without having to take medication! Positive thinking has been proven to reduce stress, help people live longer, and improve your overall well-being and ability to cope.

So if it is that simple, then why aren't we living in a society of total bliss and happiness? The answer is that *no one, you nor I, wants to admit that they are negative*. And if you can't admit that you are negative then how can you ever change your lifestyle to being positive?

In Online Dating Magazine's article about online dating [profile tips](#), the #1 tip is to avoid negativity in your profile. Whether it is "I'm lonely" or "my last boyfriend was a jerk" these types of statements turn people off, making it easy to bypass your profile for one where a person seems more in tune with life, and himself/herself. But avoiding negativity shouldn't just be an issue for your profile. It should be an issue for your life. And with that in mind, here are seven steps to help you turn negativity into positive thinking:

### **Step 1: Admit You Are Negative**

The first step to changing your life is to admit that you are negative or that you have negative thoughts. Whether talking about a coworker behind his/her back or believing you "can't" do something; these contribute to a non-healthy lifestyle.

### **Step 2: Be Determined to be Positive**

Once you've admitted you are negative, or at least have some negative tendencies, you can resolve to changing the way you think. Become conscious of your daily thoughts and when a negative thought enters your mind, quickly turn it around. Instead of "I don't think I can do that," think "I love a new challenge and will conquer this one" or "I can do this no matter how hard it is." Instead of "I'll do this later," think "By getting this done now I can have it accomplished." Eliminate words like "can't" from your vocabulary and replace them with "can". Start to say positive things about other people. Start to *think* positive things about other people. "Wow, that was really nice what he/she did." When presented the opportunity to comment on someone else, refrain from saying anything bad.

### **Step 3: Remove Yourself From Negative Influences**

Your environment begins to reflect who you are after time. Thus if you have friends or coworkers you hang out with who are always griping about their job, boss, or life then begin to slowly weed out that group of people and seek out those who are positive and don't talk about others behind their back. When you replace a negative environment with a positive one, you make huge strides in improving your lifestyle.

### **Step 4: Replace Cola with Water**

The healthiest beverage you can drink is water. And by replacing chemical and sugar-filled drinks with water, you will make massive improvements to your health. First of all, you are eliminating the sugar and caffeine that are so addicting, yet bad for overall health. Second, you are increasing your water intake. Chemical-free natural water will help improve your energy, eliminate toxins from your body, make your skin more healthy looking, and improve your mental performance. How can you not help but become more positive with such changes to your life?! Drink lots of water - it is the true "miracle vitamin".

### **Step 5: Stop Watching the News**

Murder. Rape. Fraud. War. Daily news is often filled with nothing but negative stories and when you make reading such material a part of your daily lifestyle, you begin to be directly affected by that environmental factor. If you still need a dose of news, then tune into a station or site that features "Good News". Check out this [Happy News Website](#) and this [Good News Blog](#).

### **Step 6: Learn to Meditate**

Meditating allows you to clear your mind, lower stress, become more focused, and stay positive. It's a very positive and powerful medium. By taking just 15 minutes a day to meditate, you'll find yourself handling time and stress much better. You'll also gain a more positive outlook on life.

### **Step 7: Spread Your Positiveness to Others**

Put your new positive thinking lifestyle into action. Take time out to write down the top 10 things you love about your partner and give that list to him/her. When you experience good customer service, take time to write a note or email expressing your gratitude. Practice spreading your positiveness to others and it will grow.

When you allow yourself to become immersed in positive thinking, you will start to see it affect other aspects of your life. For example, instead of feeling "inconvenienced" by merging traffic, you'll allow someone to easily merge in front of you and feel great about it. They might even wave or mouth "thank you". At a grocery store when you have a cart full of groceries and the person behind you has only one or two items you may find yourself saying, "please go ahead of me since you only have a few items" and that person's gratitude will make your day. You'll find yourself actively thinking about others and your contribution to their positive experiences will have a huge affect on your eternal happiness.



## KARMA CHAMELEON

By Diahann Reyes

When I look back on my childhood - riding double horseback with a gaucho on the Pampas of Argentina, counting giant turtle eggs while sitting on the hot sand on a Pakistani beach, dancing atop a bar to sound of Milli Vanilli during my senior year spring break in Bali, and posing for a picture with an armed guard in front of the Khyber Pass border - I know I've been blessed. The smell of curried crab cooking on a boat off of the Karachi coast; hair as red as my Raggedy Ann doll's on Charlotte, my first friend in New Zealand; nectar dripping from my lips from the mango handpicked by my yaya on my grandmother's farm in the rural Philippines - these are experiences most people can't say they've had within one lifetime. I am from the Philippines, Argentina, Pakistan, Indonesia, the United States, and New Zealand. My father was an international marketing executive assigned every year or so to a different place. "Chase your dreams," he would always tell me. He was Don Quixote, and my mother, sister and I were his Sancho Panzas. Our first posting was in New Zealand, where I learned my first words in English with a Kiwi accent. Playing with my Caucasian friends was like having my blue-eyed, fair-skinned dolls come to life.

Argentina, when I was eight, was a new world. I learned Spanish by watching dubbed, dated reruns on television of Little House on the Prairie and the Love Boat. Within a few months, my sister and I were speaking fluent, accent-free Castellano. At bedtime, we would mimic the conversation earlier that day between my mother and the man selling fresh beef at the market. Beef asado and chorizo sausages were dishes for the weekend, when my Dad would grill *queso blanco* by the pool. Living in Pakistan was like living in a different world, where the writing on billboards was in symbols I could not understand, and women wore dresses with their bellies exposed, yet they couldn't show their upper arms or their legs. My circle of friends at the American school came from Pakistan, the U.S., Canada, Germany, and Holland. Six months into the school year, we left for another posting. By the time I entered high school, I'd enrolled in my seventh school. And that's when the nomadic life began to lose its luster. Trying out for the school play, getting a boyfriend, and looking forward to prom are luxuries reserved for teenagers who are actually going to be there long enough for those experiences. Unfamiliar sights and sounds aren't so exciting when you are always the new girl, hanging around people just long enough for them to get used to you, before it's time to move on.

I coped with these constant moves by doing what expatriates are told to do when living in a new culture - I assimilated and adapted to whatever rules everyone else happened to be living by. In the Philippines, I lost my American accent, since some of the girls at school seemed uncomfortable speaking English with me. I also kissed on the cheek anyone who was older than me because that was what was expected. In Indonesia, I learned to hide any negative feelings under a smile, because that was what was considered appropriate behavior. I also learned that to make friends fast - all I had to do was become like whoever I wanted to be friends with, and not stand out too much; in other words, adapt and assimilate. If a person was rowdy and liked swear a lot, I would become like them. If someone else loved reading and hated soap operas, then I would, too. And it wasn't as if I was pretending. Like a chameleon, I would take on their interests and dispositions until they became mine. I wanted friends that badly. By the time I began my freshman year in the United States, I had mastered the art of "quick" intimacy. I could meet someone and "click" instantaneously, regardless of our different backgrounds or upbringings. While most of my classmates were struggling to get used to being in a new school and making friends, I was finally in my element - or so I thought. This, after all, was my thirteenth school, and I knew all about making friends.

Yet there was a price I was paying to constantly fit in - and that was myself. Who was I, really, when I wasn't being what I thought other people wanted me to be? I don't think I had ever thought to ask myself that question. After all, becoming like anyone else was my survival mechanism. I believed that as long as I behaved like everyone else, I would be adhering to and respecting the rules of what-

***Karma Chameleon Contd...from page 3***

-ever culture I was living in - and I would get through this latest posting without having to be alone. I hadn't counted on what would happen when I finally stopped moving so often. It was one thing to make friends quickly, become like them, and then leave at the end of the school year and never see them again. But to maintain my multiple façades over the long term, and have the relationships evolve and grow - I didn't know how to do any of that.

I remember during college that I pretended to be sick over summer break, just so I wouldn't have to fly back to the U.S. right away and see my boyfriend. I had already changed myself around to blend in with the locals in Jakarta - how could I change back to exactly the person I had been when I was with him the year before? I began dreading leaving the people in my life, even if just for a few weeks, because I wasn't sure the me they had been friends with would still be there when I returned. My chameleon abilities had become so automatic that I had lost control of them. I couldn't even trust myself to make decisions, because my feelings and opinions changed so often, depending on who I was with or where I was.

I could be in love with someone while we were living in California, and all of a sudden, not love him at all two weeks later, just because we were now living in Atlanta. I even quit my career, because I was spending so much time visiting California that I convinced myself that I was like everyone else there and really wanted to be in the technology industry. That decision, made during an extended vacation, drastically changed the course of my life. And to this day, I often find myself double- and triple-checking my decisions - just in case. The benefit of these drastic consequences is that I was forced to figure out why I was behaving and reacting the way I was. A career thrown aside and people hurt by my inability to sustain long-term relationships were not mistakes I intended to keep making my whole life. Unfortunately, there wasn't a "How To Stop Being A Chameleon Because You've Been Moving Countries Your Whole Life" book for me to refer to.

So I've had to figure it out on my own, through the years. I've read books on cross-cultural psychology self-help. And I've had to be constantly vigilant about examining my intentions and choices: Do I really think it's inappropriate for a woman to take a cab to visit a guy friend late at night, or is it just because I'm in the Philippines? Would I be attracted to this man if I had met him anywhere, or is it just because being with him helps me feel like I belong in this new environment? Will I still want to go out to lunch with this person three weeks from now, or is it because he wants to go out to lunch with me? I've had to learn to identify and apply my sense of self on every occasion.

I also think living in United States for over a decade has helped. I've stayed in one country long enough that I know the cultural rules. I don't have to imitate other people to know how to behave. Instead of exploring new lands, I have been able to explore me: my interests, my likes and dislikes, my feelings, my values, my passions. I've also learned to develop lasting friendships, rather than superficial connections that start as quickly as they dissolve. I've known two of my best friends since my freshman year of college. And I've become grounded enough in who I am that I can even change surroundings without automatically disappearing into whatever new cultural environment I'm in, just to feel safe and at home. More and more, I am taking myself with me wherever I go, and then back again to the people I love.

And the chameleon in me continues to live on. I am now an actress in Hollywood who embodies different roles for a living. And my years-long habit of adapting and assimilating has allowed me to develop a variety of interests and aspects of my personality that I may never have discovered otherwise. I am in touch with the artist in me, the corporate career woman, the nerd, the popular girl, the new age seeker, the rebel, the obedient follower. And whereas once these different aspects of myself would take turns automatically replacing the other, the sum of their parts now make up the whole of Me.

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## Pet Care In Accra

### Finding the Right Airline and the Best Route to Fly With Your Pet



By **ROGER COLLIS**

We make a round trip between London and New York each summer and would like to take Tigger, our border terrier puppy with us. We have been unable to find out the rules for onboard versus in-the-hold transport. Can you help? -- Chris and Frances Nowakowski, London. Traveling with pets can be a daunting experience, and you'll find that some airlines are more pet-friendly than others. But before dealing with airlines, travelers should check regulations for countries they are traveling to or through, and make sure they have all the documents they need. The United States, for instance, requires that your pet be at least eight weeks old and fully weaned before traveling on an airline, and you will need a health certificate from your vet. Information: [www.cdc.gov/ncidod/dq/faq--animal-importation.htm](http://www.cdc.gov/ncidod/dq/faq--animal-importation.htm).

American travelers flying into Britain are eligible for the European Union's Passport for Pets program. It allows dogs and cats from certain countries to enter Britain and other E.U. countries without the normal six-month quarantine, as long as they are fitted with a microchip tracking device (or a tattoo) and have been vaccinated against rabies. (Animals cannot enter Britain until six months after a blood test to show that the vaccine has worked.) Information: the Department for Environment, Food and Rural Affairs in Britain, [www.defra.gov.uk](http://www.defra.gov.uk).

Airline policies vary. Many airlines, like Virgin Atlantic, [www.virgin-atlantic.com](http://www.virgin-atlantic.com), require that pets travel in the hold. British Airways, [www.britishairways.com](http://www.britishairways.com), makes an exception for guide dogs -- even offering them a seat next to their owner (space permitting) free of charge. The handling cost for checked pets on British Airways is \$150 plus the price of transport, which depends on the pet's weight, the size of the container and the distance traveled. United Airlines, [www.united.com](http://www.united.com), allows small dogs or cats to travel under the seat in a container 22 inches by 14 inches by 9 inches (the cost is \$80 within the United States and between the United States and Canada; other international rates vary); larger animals are consigned to the hold. American Airlines, [www.aa.com](http://www.aa.com), does not accept carry-on pets to or from Hawaii, on trans-Atlantic or trans-Pacific

flights, or to Central and South America.

There are signs that airlines may be wooing pets in their battle for the hearts and minds of their accompanying owners. Midwest Airlines, [www.midwestairlines.com](http://www.midwestairlines.com), recently began allowing up to two small dogs in the cabin per flight; \$100, one way. They must be transported in airline-approved carriers (they can be bought on the Midwest Web site). Questions for this column may be sent to [collis@nytimes.com](mailto:collis@nytimes.com). Please include a daytime telephone number and a hometown.

#### The Ghana Society for the Protection and Care of Animals (GSPCA)

will be sponsoring **Spay-Neuter Days** in 2006 and is in need of your support. Spay-Neuter Days provide neutering services for dogs and cats that belong to low/no income families. The GSPCA is in need of old sheets and towels, and if you have any to donate, the GSPCA would be extremely grateful. Please contact Karen Rae at: 0243-425910.

There's a NEW on-line telephone directory of Ghana Businesses!!!

[http://www.ghanaweb.com/GhanaHomePage/telephone\\_directory/](http://www.ghanaweb.com/GhanaHomePage/telephone_directory/)

### CORRECTION:

Okyeame August 31, 2006 issue; section listing Ghanaian holidays.

June 4: Anniversary of the 1979 Coup  
and December 31st: Revolution Day

**Are no longer observed.**

Thanks goes to our dear reader Nii for the corrections!



# AROUND TOWN

**North American Women's Association** promotes friendship among North American women, and between North American & Ghanaian women. Also fundraising for Ghanaian charities, especially those focused on women & children. Meetings start at **6:30 pm** with food and fellowship and the business meeting will follow, at the Coconut Regency Hotel behind Immigration. Their book *No More Worries* can also be found at [www.noworriesghana.com](http://www.noworriesghana.com) For more info go to [www.nawaghana.com](http://www.nawaghana.com) or call Carol Pietryk tel. 0242-108273 or email at [jcpietryk@yahoo.ca](mailto:jcpietryk@yahoo.ca).

**Ghana International Women's Club** Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

**Ghana Bead Society** Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Alliance Française** Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

**American Chamber of Commerce** promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: [amchamgh@ghana.com](mailto:amchamgh@ghana.com); Website: [www.amcham\\_africa.org](http://www.amcham_africa.org). Located at Hse #C609/3 5th Crescent St, Asylum Down.

**Scottish Country Dancing The Caledonian Society of Ghana:** Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail [caledonianghana@yahoo.co.uk](mailto:caledonianghana@yahoo.co.uk)

**Accragio**, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm

- 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

**The International Players** The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Bunko** is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at [edhrncir@hotmail.com](mailto:edhrncir@hotmail.com).

**Theater Mirrors.** A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

**Ghana National Theatre** Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

**Friends of Bill W.** Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

**Happy Hour** Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

**Hash House Harriers (Accra)** The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm sharp departure. Location varies. Contact [ac-crahhh@yahoo.com](mailto:ac-crahhh@yahoo.com) for details.

**Hash House Harriers (Tema)** is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at [frank.davis@valcotema.com](mailto:frank.davis@valcotema.com) or call 020-201-1525 for information on directions to starting point.

**Duplicate Bridge** group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)

**Pick-up Basketball** Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For additional information, please contact Ted Lawrence ([tlawrence@usaid.gov](mailto:tlawrence@usaid.gov)) or Rob Clausen ([rclausen@usaid.gov](mailto:rclausen@usaid.gov)). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

**Mom/Dad & Tots** (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

**Taekwondo** at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

**Frisky's International Film Buff Club** views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

**Free Meditation!!** Each Wed at 11 a.m. and Thurs at 6 p.m. At the GMCKS Pranic Healing Center, 1<sup>st</sup> floor, Pyramid House, Ring Road central (Next to Alitalia). Website: [www.pranichealing.org](http://www.pranichealing.org) Phone: 021 270162 Services offered: Healing, Courses and Meditations

**International Spouses Association of Ghana (ISAG)** Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

**The Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact [dmcallagy@gmail.com](mailto:dmcallagy@gmail.com) -or- [Duncan.macnicol@asc-gh.com](mailto:Duncan.macnicol@asc-gh.com)

**African American Association of Ghana (AAAG).** General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or [sankofaaaag@yahoo.com](mailto:sankofaaaag@yahoo.com)

# Community News and Events

## International Spouses Association of Ghana (ISAG)

Meetings take place on the first Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

## North American Women's Association

NAWA

Notice of Meeting

The first meeting of the year 2006 - 07 ! You are welcome to attend.

**Where:** Coconut Regency Hotel..... off Independence Ave **behind** the Immigration Office, one block, turn right).

**When:** Thursday, September 14, 2006. 6:30pm Welcome: Informal gathering with snacks and drinks. 7:00pm business meeting and program . 9:15pm approximate end time.

## The Caledonian Society of Ghana

*The Annual Chieftain's Ceilidh*

**Saturday 23rd 2006**

At the Grasscutters Club

From 7.30p.m. All welcome

Come and enjoy a fish and chip supper while dancing the night away!!

Tickets available during dancing practice in the Grasscutters club,

on Tuesday 12 + 19<sup>th</sup> Sept. from 7.30pm

or

call 0244296027

## up & coming events @ busyinternet

**Cyberseries presents Ghana 's ICT 4D policy on the 7th September 2006 @ 6:30pm**

What provision does Ghana 's ICT4D policy document have for the stake of public and private institutions in Ghana ? How can rural Ghanaians benefit fully from the provisions in the policy document? What are some of the identified gaps or limitations in the ICT4D policy provision?

The insurgence of Information and Communication Technology (ICT) has brought to bear on nations across the world increased development and has transformed society drastically towards digital performance. These developmental prospects have also catch up with developing Countries of which Ghana is no exception.

### Speakers:

Crosby Takyi-Mills – Ministry of Health

Johnny Akakpo (TL) – SITRED

and rewind.

## Services

### Monthly SME Clinic

Get the right advice to kick start your business.

Expert consultation on **strategies, business plan, legal issues, accounting/finance and marketing every first week** of the month.

Contact the Frontdesk of busyinternet for more info.

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**Room available** in apartment above Bywel's Bar, Osu. Rent \$150/month. Available 1-6 months. Contact [jill\\_schnoebelen@yahoo.com](mailto:jill_schnoebelen@yahoo.com) for more information.

# CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to [accrao-kyeame@yahoo.com](mailto:accrao-kyeame@yahoo.com). Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Send your classifieds to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com).

## WANTED

**Seeking:** competent Brazilian Portuguese language instructor. Please call Judy at 0244 327 424 (3)

**Wanted:** English language tutor for private lessons and practice. Native British or American/Canadian only. Please contact Gwenaël at 0244 334 915. (2)

**SEEKING** urgently an apartment or room for a young couple working at French Embassy. Available for from mid-September until the end of February. If interested, or know anyone who might be, contact James @21 45 50 or email: [james.dickson@diplomatie.gouv.fr](mailto:james.dickson@diplomatie.gouv.fr) [ckson@diplomatie.gouv.fr](mailto:ckson@diplomatie.gouv.fr) (1)

## SEEKING EMPLOYMENT

**Nanny or Housekeeper** - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (1)

**HOUSEKEEPER** Mary has experience working with expat families (including Americans) and is available for work immediately. Please contact her at 0276271187 for an interview. (3)

**Nanny or Housekeeper** - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (1)

Ambrose is an eager young man seeking employment as a secretary or to do odd jobs. Despite limited work experience, he has necessary skills and language to be successful and easy to work with and a lot of potential. I highly recommend him. Please call Jane 0243-201069 in the evenings or late afternoon for more information. (1)

**JOB ANNOUNCEMENT:** The Peace Corps in Ghana is seeking to hire a full-time medical officer (PCMO)

**Duties:** The Peace Corps Medical Officer provides clinical care, counseling and health education to 140 Peace Corps Volunteers throughout Ghana. The position is based at the Peace Corps office in Accra. On call Duties and travel within rural Ghana will be required. A detailed position description is available upon request by contacting the Peace Corps Office in Accra.

**Qualifications:** Applicant must have training and experience as a Nurse Practitioner or Physician's Assistant or equivalent; be fluent in English; possess excellent organizational and administrative skills necessary to manage all aspects of a small health clinic and ability to train adults in health issues; have a demonstrated ability to work in a stressful, fast-paced work environment; have computer, e-mail and Internet skills. At least five years of work experience in a professional clinical practice is required. Training and, or, work experience in Western Europe or the U.S. is desirable. Applicants must possess required work and, or residency permits for employment in Ghana. The successful candidate must undergo security clearance by the US Embassy.

**Applications** should include a cover letter in English, detailed CV Giving motivation and interest in the position, present employment and responsibilities, references, three letters of recommendation (at least one medical), educational certificates and licenses. Only finalists will be contacted. Interviews will take place on October 10 and 11, 2006. Reply by post to: Country Director, Peace Corps, P. O. Box 5796, Accra-North, or hand-delivered to the Peace Corps office 26 W. Cantonments Road (Switchback Lane), Cantonments, or by e-mail to [jobs@gh.peacecorps.gov](mailto:jobs@gh.peacecorps.gov) Telephone 21-775-984. Applications must contain all required documents and be received in the Peace Corps in Accra office by **September 29, 2006**.

## ENG. TEACHER WANTED URGENTLY FOR 2 MONTHS (OCT-NOV)

**ProCredit** Holding is engaged in 19 financial institutions with almost 400 branches operating in transition economies and developing countries in Africa, Latin America and Eastern Europe. ProCredit Savings & Loans Company Limited Ghana is a non-bank financial institution designed to provide financial services to micro- and small enterprises in Ghana.

For the African academy, we are looking for an English teacher, preferably American or European native to teach English. However, most urgently, we are looking for three more people to teach English for two months October/November to a group of approx. for about 5 hours every day from 8:00 a.m to 1:00 p.m. They do not have to be professional teachers with certificates. Volunteers and tourists are also welcome to call or apply. Please do not hesitate to contact me on **024 3824 260 for any clarification on the subject matter or e-mail at: [m.odong@procredit.com.gh](mailto:m.odong@procredit.com.gh)**



# CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Send your classifieds to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com).

## SEEKING EMPLOYMENT contd.

**Cook:** Comfort Voemawor, available after September 22. She is "mature" (58 years old) and serious. Can follow recipes and bakes all of our bread (whole wheat, but she can do any kind, including magnificent cinnamon rolls, dinner rolls, cornbread, etc). She can cook any kind of food and keeps a recipe collection on which she constantly builds. Comfort has never missed a day of work in the almost three years she has been with us. Comfort lived in the first year she worked for us, but now lives close by. We have used Comfort primarily as a cook, but in previous positions she has performed cooking and housekeeping duties. Call 021-778-424 before September 22.

**Peter Kombat:** Available after September 22, Peter will be available part-time (Monday, Wednesday, Friday). Another USAID family employs him the other part of the time and can also tell you about his work. He is WONDERFUL. He has transformed our yard. He knows how to grow things, knows the different plants, what grows well where, etc. I haven't spent any money on getting all of our beautiful flowers in the yard because Peter finds cuttings and grows gorgeous plants from them. In addition to his gardening expertise, he is handy with bikes, wonderful with kids (and kitty cats), and has a driving license (although we don't ask him to drive). He is extremely nice, honest, and very hard working. Call 021-778-424 before September 22.

**Housekeeper/Nanny:** Ruth Asigbetse available after September 22. She is extremely reliable. She cleans the house well and doesn't need to be reminded about anything. She asks how you like things done and adapts when you want to change routine. She is very loving with our daughter and takes care of our cat as well. She is active and plays with our daughter, talks to her all the time, etc., and frequently entertains a gaggle of children at our place. She can do some cooking as well, but we've never asked her to do much. Ruth is very pleasant and completely honest. Works with our cook to set up and serve for frequent entertainment. She lives in during the week and goes home on weekends, but that's negotiable. Call 021-778-424 before September 22.

## VEHICLES FOR SALE

**1997 Toyota 4Runner**, dark green, tan colored leather interior, automatic, 5-door, low mileage (56,000), brand new top of the line tires, etc. Car in VERY good shape, regularly maintained by a good mechanic. A box or two of parts as well—air filters, oil filters, fuel filters, spark plugs, windshield wipers, etc., would go to the buyer. \$10,500/best reasonable offer. U.S. dollars only. Call 0244-311-927. (1)

### 2001 Nissan Pathfinder SE 4WD

-V6 Engine, 250hp 49,500 miles  
- Excellent Condition, Power Locks, Windows, Mirrors  
- Driver and Front Passenger Airbags 3 CD changer  
- Duty Not Paid, Price \$16,000. If interested, please call Mitchell at 0277-565-594 (2)

**LANDROVER DEFENDER 110** - Under 3 yrs old, 10,000 Km, 9 seats, large roof rack, spare tyres. Duty not paid, £10,000 or BEST offer. Available immediately Call Brent at 0243169326 (3)

**2003 Volvo S40** Saloon car, black leather seats, AC, airbags, alarmed, power steering, AM/FM stereo, power doors and locks. Fully loaded, low mileage \$20,000. Duty paid. Call 020 813-6962 (2)

**Car for Sale Peugeot 306 HDI** Station Wagon, 2000-model, 73,000 km (50,000 of which in Germany), only used in Accra, all kinds of extras, extremely fuel efficient, serviced regularly. Asking price Dollar 7,500.- (or equivalent) or highest bidder. Taxes not paid. Mobile: 020-2013161, Office: 021-772471 & 772687. Email: [fes-ghana@myzipnet.com](mailto:fes-ghana@myzipnet.com) (2)

**Toyota Corolla Model CE** (this is the top of the line model). Year: 2001 with 35,000 miles. Power windows and doors, A/C, radio/tape/CD deck, automatic transmission. In excellent condition. Recently serviced and with brand new tires. Four doors, color - black. Asking \$5,650. Duty not paid. Please call 0244-311-262. (1)

## MISCELLAENOUS

**FOR RENT: BEACH HOUSE in Prampram.** One bedroom, bathroom with shower, lounge, kitchenette and large balcony, plus water and electricity. \$200 per month. If interested, call Amanda 024-431-0066 (1)

Yakima **BIKE RACK** that will fit any car with a standard factory roof rack. The rack will hold several bikes. If you are familiar with bike racks you know that Yakima are the most reliable racks money can buy. Price \$200. Call Jonathan at 0244-331-101 or e-mail [natalie\\_lorence@yahoo.com](mailto:natalie_lorence@yahoo.com)

**Rare gem:** Upright Steinway piano - wheeled, rosewood cabinet, ivory keys - available for sale. Needs tuning. Valued at \$12,500. Will accept any reasonable offer. Contact 0208176666 or leave a name and number with Felicite at 021 782 464 (2)

**CO-CLO POSITION STILL OPEN  
FOR AMERICAN EMBASSY FAMILY  
MEMBERS ONLY!!!  
CALL Rich Marsh in Human Resources for  
more info.**

**CDs for Sale** Peace Corps Volunteer and musician Tonya Stephenson, who lives and works in a small community near Bolgatanga, is selling CDs to support the Tengzug Youth Choir. The choir, which was formed in 2005, has 15 girls and boys ages 12-16. Proceeds from the sale of the CDs will provide support for the choir members to attend Senior Secondary School. The songs are in Talan (local language), Frafra, Zulu, and English. If you are interested in purchasing a CD and helping to support this worthy project you can contact Mary Jordan (spouse of Karl Field) at 0243 833 010. (2)

**Hyundai Galloper II 4WD turbo intercooler**, 2.5L diesel engine, 7 seater, manual transmission. ABS (anti-lock braking system), AC, CD+Radio cassette player, Driver & front passenger airbags, Power steering Power brakes, Central door locking system, Front grill guard, Reinforced suspension. Serviced every 5,000km. Registered Dec. 2003. Only, 28,562km on clock. Duty not paid \$16,995ono. Contact 0244 509986 or 021233348 e-mail Fiona.Hayward@fco.gov.uk

### Famous Quotes:

**Love is like young rice: transplanted, still it grows.**  
Madagascan proverb